

Beef

Tater Tot Casserole

1 1/2 pounds lean ground beef

1 medium onion, sliced

5 cups tater tots

1 can golden mushroom soup

In a 11x7-inch baking dish layer ground beef on bottom of dish.

Layer sliced onions on top of ground beef.

Layer tater tots on top of onions.

Spread soup evenly over top of tater tots.

Bake at 400 degrees for 1 1/2 hours or until browned.

Per Serving (excluding unknown items): 1840 Calories; 141g Fat (70.7% calories from fat); 122g Protein; 9g Carbohydrate; 2g Dietary Fiber; 511mg Cholesterol; 473mg Sodium. Exchanges: 17 1/2 Lean Meat; 1 1/2 Vegetable; 17 1/2 Fat.